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Housekeepers' Chat

Friday, December 30, 1927.

(NOT FOR PUBLICATION)

Subject: "A New Year's Dinner for the Younger Generation." Information from Bureau of Home Economics, U. S. Department of Agriculture.

--ooOoo--

My Next-Door Neighbor breezed in last night, and dropped into my easy kitchen chair. "Aunt Sammy," said she, "look at the gray hairs in my head! the wrinkles on my brow! Tommy is responsible. Never again will I promise to take charge of a six-year-old nephew, while his parents take a week's rest. My stars and garters! They must have needed a rest! I took Tommy out to dinner last night, as a special treat. Do you want to hear about it, Aunt Sammy?"

"Certainly," I said. "Didn't Tommy behave?"

"Behave!" snorted my Neighbor. "I should say he did. I never saw him behave so in his life!" When the waiter took our orders, and asked whether we'd have 'coffee, tea, or milk,' of course I ordered milk for Tommy, and coffee for myself. And what do you suppose Tommy did? He looked the waiter straight in the eye, and said: "If you please, sir, I'll take coffee, too. I always drink coffee when I go out to dinner with a grown-up lady!" And it was the first time in his life he had ever gone out to dinner! Believe me, I was worn out, when the meal was over! It's a great life, training children in the way they should go, Aunt Sammy!"

"Yes," I agreed, "it is one of the biggest chores I know of. By the way, what kind of a New Year's dinner are you planning for Tommy?"

"Something good," said my Neighbor, brightening up considerably. She does love to plan meals, and to cook. "Get your pencil," she continued, "and write my menu. I've invited two other little boys to eat dinner with Tommy on New Year's day, and this is the menu: Fricassee Chicken with Biscuits; Buttered Cauliflower; Carrots and Celery, cooked together; Quince Jelly; and Caramel Custard. Tommy won't drink milk, or eat eggs, without being coaxed. That's one reason I'm having Caramel Custard for dessert -- so he'll get his proper amount of milk and eggs. Isn't that a good idea, Aunt Sammy?"

"Very good," I said, "and your New Year's dinner sounds so appetizing, that I'll borrow it, by your leave."

My friend gave me permission to use her New Year's dinner, so I'll repeat it, in case you didn't get it written the first time: Fricassee Chicken with Biscuits; Buttered Cauliflower; Carrots and Celery, cooked together; Quince Jelly; and Caramel Custard.



You will find the recipe for Baked Caramel Custard in the Radio Cookbook.

Now let's clear up the question box, so we can start out with new questions, in 1928.

First question: "Does the salt in canned tomatoes have any effect on the vitamin content of the tomatoes?"

Answer: So far as we know, the quantity of salt ordinarily used in canning tomatoes has no effect on the vitamin content. Moreover, tomatoes are so rich, in several of the vitamins, that they seem to be as good a source of vitamins after canning as when raw.

Second question: "Does cooking destroy the minerals contained in vegetables?"

No, cooking does not destroy the valuable mineral salts found in many fresh vegetables. Some of the minerals, however, are dissolved in the liquid, in which vegetables are cooked. That's why it is important that this liquid be served. Mild-flavored vegetables may be steamed, boiled in very little water, or cooked a short time, in milk, so the amount of liquid to serve with the vegetable is small. The larger amount of water, from the cooking of the strong-flavored vegetables, may be saved for soup, or used in thickened gravies and sauces.

Third question: "Should rabbit meat be soaked in salt water, to draw out the blood?"

In general, no. Soaking any kind of meat in water, and particularly in salt water, draws out the juices which <sup>give</sup> the characteristic flavor, and add to its food value. When wild rabbits are shot, blood clots are sometimes found. These clots may be washed or cut out. When the rabbit is cooked, the clots are not likely to be noticed. Soaking in cold water, might draw out this blood, but it would also take away some of the good flavor, and food value, of the meat. There is no reason whatever for soaking tame rabbit meat. These rabbits are grown, killed, and dressed for market, like any other meat animals, or poultry, on the farm, and may be cooked in many of the same ways as chicken.

Fourth question: "Can you tell me how to keep lime from forming in my tea-kettle?"

Answer: I regret to say there is no way to keep lime from forming in tea-kettles in regions where hard water must be used. The lime can be loosened, and removed from time to time, by using strong vinegar, or a dilute solution of acetic acid, such as can be bought at any drug store. Of course, after the lime has been loosened, and washed out with this acid, the kettle should be given a thorough washing with soap and water. I am inclosing a copy of Farmers' Bulletin 1497, which gives a brief discussion of water softeners. Many people who live in the hard water regions are now installing



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water softening systems in their homes.

One more question, the very last one I'll answer before 1928: "Can you please suggest something good to drink at a New Year's party -- that is, something besides coffee, or the other usual things"

My suggestion for your New Year's party is Hot Spiced Grape Juice, made according to the recipe I broadcast yesterday, or Hot Spiced Cider. If you have a quantity of cider on hand, perhaps you'd like to try Spiced Cider. Six ingredients, for Spiced Cider:

1 quart sweet cider	8 pieces stick cinnamon
1/4 cup sugar	12 whole cloves, and
1/8 teaspoon salt	1/4 teaspoon powdered allspice.

Six ingredients. Check them please: (Repeat).

Mix all the ingredients, and bring them to the boiling point. Then let the Spiced Cider stand for several hours. Before you serve this beverage, heat it up again, and take out the whole spices.

Before I close, I want to thank everybody who has sent me holiday greetings, and to wish all of you a very happy new year.

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